स्वराज्य

लोकतन्त्र आधरित


LojkT; & Lo;e d }kjk Lo;e ij lU;e d lkFk 'kklu
Lon'k] LoHkk"kk] LoHk"kk]
Lo lLdfr dHkh ugh
R;kxuh pkgh,]ik.k ndj
Hkhbudh j{kk djuh
pkgh,A
egf"k n;kuan ljLorh

LojkT;

[ky
O;kikj
jktxkj
ykdr=
U;k;
igpku
vf/kdkj
enk
lpkj
foKku
ikekf.kdrk
ifjogu

i;koj.k
iekf.kdrk
fookg
n.M
fon'k
ijk.k
fuek.k
nkf;Ro
nku
df"k
puko
f'k{kk
LokLF;
lLdkj
lj{kk
jktfufr

vkJe

igyk vkJe c„p; vkJe gA ;g fo|k i<u] lf'k{kk
yu vkj cyoku gku d fy, gA tc cPpk ink gkrk g rk lcl
igy ek&cki mldh n[kHkky j[kr g vkj vH;kl d lkFk mldk
ikyu djr gA tc dN cMk gk tkrk g rc mldk x# d ikl
i<u d fy, cBk nr gA blh dk uke c„p; vkJe gA bldh
vof/k yMd d fy, de l de 25 lky vkj yMdh d fy,
16 lky j[kh xb gA bl vkJe dh ftEenkjh rhu 0;fDr;k ij
gkrh gA igyh ekrk] tk ikp o"k rd ml vko';d ckrk dk
vH;kl djkrh g] ;fn ekrk ;kX; gk rk og viu cPp dk
vPNh&vPNh ckr fl[kkrh g vkj cPpk fcuk ifjJe d cgr lh
Kku dh ckr lh[k yrk gA ;fn ekrk dy{k.kh gk rk mldk cPpk
vkjHk l gh cjh ckr lh[k yrk g vkj mldk l/kkjuk dfBu gk
tkrk gA
ikp o"k d ihN cPpk firk d lkFk jgu yxrk gA ;fn
cki cjk g rk cPpk cjk vkj vPNk g rk vPNk gk tkrk gA tc
cPpk vkB lky dk gkrk g rc mldk miu;u djk d x# d ikl
fo|k ikfIr d fy, Hkt nr gA ;g fu;e yMd vkj yMdh nkuk
d fy, leku gA ijUr Hkn ;g g fd yMd vkj yMdh bl
voLFkk d i'pkr vyx&vyx ikB'kkykvk e Hkt fn, tkr gA
lgf'k{kk bl dky d i'pkr ugh nh tkrh] tk lnkpkj dh ck/kd
gA
nljk xgLFkkJe& ;g lc idkj d mŸke 0;ogkj flo
dju d fy, g vFkkr lUrku mRiUu djuk vkj mldk ;kX;
cukuk] /ke l /ku dekuk vkj /ke e 0;; djuk vkj vU; vkJfe;k
dk ikyuA blfy, bl T;"B vkJe Hkh dgr gA tk vkpkj l
jgrk gvk vktUe c„pkjh jguk pkg og jg ldrk gA ijUr tk u
jg ld og viu&viu o.k e fookg dj ldrk g ,l i#"k d
fy, Hkh de l 25 o"k vkj dU;k d fy, 16 o"k i;Ur c„pkjh
jguk vfuok; gA fookg dju oky i#"k vkj L=h ;fn 25 o"k l
Hkh nh?kk dky rd c„p; j[kuk pkg rk j[k ldr gA ijUr 48
o"k d i'pkr ugh j[kuk pkfg,A
dekj vkj dekjh dk /ke'kkL=kulkj nkEiR; lEcU/k ofnd
ifjHkk"kk e fookg dgykrk gA fo/kj l fo/kok d lEcU/k dk
iufookg dgr gA ;g 'kn de g] f}t de ugh g] ijUr iki de
Hkh ugh gA
fo/kj dk dU;k l fookg vofnd de g bld dju l
cgr l fcxkM mRiUu gk tkr g] vkj bll ,d dekj vkj ,d
fo/kok d vf/kdkj dk guu gkrk gA
rhljk okuiLFk vkJe& ;g foKku d c<u vkj ri'p;k
dju d fy, gA ;g xgLFk dk ekg NkMdj ckgj ou e tkdj
jgu dk vkJe gA oreku dky e ofnd jkT; u gku d dkj.k
okuifLFk;k dk ou tku dh i;kIr lfo/kk; ugh gA
pkFkk lU;klkJe& ;g onkfn 'kkL=k dk ipkj] /ke 0;ogkj
dk xg.k] n"V 0;ogkj dk R;kx] lR;kin'k vkj lcdk fu%LlUng
dju d fy, gA

LokLF;

;fn vki cgj g rk lu ugh ldr]vki lxhr vkj 0;fDr
;k njn'ku ;k ikl vk jg rho xfr d okgu d lkeu l
ugh cp ldr A v/k g rc n[k ugh ldr]jx d ckj e
dnkfpr ugh tkur] lx.kd fdlh dke dk ughA
eku vki fcekj gk] vudk rF;k dk vki ugh le>
ldr]Toj gk rc rk vyx cclh gkxh A
vxj ok; ;k dCt gk rk fpMfpMk] vkj ekufld ruko d
dkj.k vufpr 0;ogkj A
vxj cgr cjk g fd vkidk i{kk?kkr g] rc vki ,d ck> gA
,l e vki ij'kku g] D;kfd tk Hkh vki dj jg g] ok lgh ugh
gk jgk g] fdlh u fdlh idkj dh gkfu eku&lEeku] /ku ;'k vkfn
dh gkfu gk jgh g] vkj ,lk fujrj pyrk g rc vki lc dN [kk
dj xjhc o nfjn gk tkr gA

vc ;gh gkjk gvk]'kjhj] eku ;k /ku l xykeh]pkjh];ku vijk/k
vkfn gj idkj d iki ;k dde djrk g] D;kfd ccl g] mldk
'kfjj gh mld cl e ugh gA cf) dk D;k o'k e djxk A
;gh ok detkj dMh g tk lekt d fy, gj idkj l ?kkrd gA

mle nk"k ml 0;fDr dk ugh ml jkx dk g] ftldk gekjk
lekt Bhd ugh dj ik;kA

blfy, lcdk LoLFk j[kuk vko';d gA ojuk pkj]yVj]n[kh] nfjn]
cykRdkjh ink gk tk,x A

lLdkj

ftu djoQ
'kjhj vkj vkRek l lLNr gku l /e] vFk] dke vkj ek{k ikIr gk ldr g vkj lUrku vR;Ur ;kX; gkr g A blfy; lLdkjk dk djuk lc eu";k dk vfr mfpr g A

fu"kdkfn'e'kkukUrk eU=k;L;kfnrk fof/% A
µ euLefr&f}rh;ke;k;] 'ykd% uo AA

vFkµ eu";k oQ 'kjhj vkj vkRek oQ mUke gku oQ fy; fu"kd vFkkr xHkk/ku l yoQ 'e'kkukUr vFkkr vUR;f"V.eR; oQ i'pkr erd 'kjhj dk fof/iod nkg dju i;Ur uo lLdkj gkr g A 'kjhj dk vkjEHk xHkk/ku vkj 'kjhj dk vUr HkLe dj nu rd lkyg idkj oQ mUke lLdkj dju gkr g A mue l iFke xHkk/ku&lLdkj g A

vFk xHkk/kufo•P/ o{;ke%

fu"kdkfn'ke'kkukUrk eU=k;L;kfnrk fof/% A
µeuLefr&f}rh;ke;k;] 'yksd% uo AA
vFkµeu";k oQ 'kjhj vkj vkRek oQ mUke gksu oQ fy; fu"kd
vFkkr xHkk/ku l yoQ 'e'kkukUr vFkkr vUR;f"V.eR; oQ i'pkr
erd 'kjhj dk fof/iod nkg dju i;Ur uo lLdkj gkr g A
'kjhj dk vkjEHk xHkk/ku vkj 'kjhj dk vUr HkLe dj nu
rd lkyg idkj oQ mUke lLdkj dju gkr g A mue l iFke
xHkk/ku&lLdkj g A
xHkk/ku ml dk dgr g fd tk ^^xHkL;k../ku oh;LFkkiu
fLFkjhdj.k ;fLeu ;u ok de.kk] rn xHkk/kue A** xHk dk
/kj.k] vFkkr oh; dk LFkkiu xHkk'k; e fLFkj djuk ftl l gkrk
g A mlh dk xHkk/ku lLdkj dgr g A
tl cht vkj {k=k oQ mUke gksu l vUukfn inkFk Hkh mUke
gkr g A ol mUke] cyoku L=kh&i#"kk l lUrku Hkh mUke gkr gA
bl l i.k ;okoLFkk ;Fkkor cp; dk ikyu vkj fo|kH;kl djoQ]
vFkkr U;u l U;u uo o"k dh dU;k vkj uy iPphl o"k dk i#"k
vo'; gk vkj bl l vf/d o;oky gku l vf/d mUkerk gkrh
g] D;kfd fouk lkygo o"k oQ xHkk'k; e ckyd oQ 'kjhj dk
;Fkkor c<u oQ fy; vodk'k vkj xHk oQ /kj.k&ik"k.k dk lkeF;
dHkh ugh gkrk vkj uy iPphl o"k oQ fouk i#"k dk oh; Hkh
mUke ugh gkrk A bl e ;g iek.k gµ
i•p•Po'k rrk o"k ieku ukjh r "kkM'k A
leRokxroh;k rk tkuh;kr oQ'kyk fHk"koQ AAuAA
µlJr l=kLFkku] vu yyAuuAA
mQu"kkM'ko"kk;ke vikIr% i•p•Po'kfre A
;|k/Uk ieku xHk•}oQf{kLFk% l

; lJr oQ 'ykd g A 'kjhj dh mUufr ok voufr dk fof/
tlk o|d'kkL=k e g] olk vU;=k ugh A mldk ey fo/ku vkx
onkjEHk e fy[kk tk;xk] vFkkr fdl&fdl o"k e dku&dku
/kr fdl&fdl idkj dk dPpk ok iDdk] of. ok {k; dk iklr
gkrk g] ;g lc o|d'kkL=k e fo/ku g] blfy, xHkk/kukfn lLdkjk
oQ dju e o|d'kkL=k dk vkJ; fo'k"k yuk pkfg; A
vc nf[k;s lJrdkj ije o| fd ftu dk iek.k lc fo}ku
ykx ekur g] o fookg vkj xHkk/ku dk le; U;u l U;u uo
lkyg o"k dh dU;k vkj uy iPphl o"k dk i#"k vo'; gko]
;g fy[kr g A
ftruk lkeF; uy iPphlo o"k e i#"k oQ 'kjhj e gkrk g
mruk gh lkeF; uo lkygo o"k e dU;k oQ 'kjhj e gk tkrk gA
blfy, o| ykx iokDr voLFkk e nkuk dk leoh; vFkkr rY;
lkeF;oky tku AAuAA
lkyg o"k l U;u voLFkk dh L=kh e uy iPphl o"k l de
voLFkk dk i#"k ;fn xHkk/ku djrk g] rk og xHk mnj e gh fcxM
tkrk g AAuAA
vkj tk mRiUu Hkh gk rk vf/d ugh thoo] vFkok dnkfpr
tho Hkh rk mloQ vR;Ur ncy 'kjhj vkj bfU; gk A blfy; vR;Ur
ckyk vFkkr lkyg o"k dh voLFkk l de voLFkk dh L=kh e dHkh
xHkk/ku ugh djuk pkfg, AAyAA
prlk.oLFkk% 'kjhjL; of.;kou lEi.krk fdf• pRifj&
gkf.k'pfr A vk"kkM'kkn of.jkpr2o'kr ;kouekpRok• Pj'kr%
lEi.krk rr% fdf• pRifjgkf.k'pfr AA
vFkµ lkygo o"k l vkx eu"; oQ 'kjhj oQ lc /krvk dh
of. vkj iPphlo o"k l ;okoLFkk dk vkjEHk] pkyhlo o"k e
;okoLFkk dh i.krk vFkkr lc /krvk dh i.k if"V] vkj ml l
vkx fdf• pr&fdf• pr /kr oh; dh gkfu gkrh g] vFkkr tu
pkyhlo o"k lc vo;o i.k gk tkr g A iu% [kku&iku l tk
mRiUu oh; /kr gkrk g] og oQN&oQN {kh.k gku yxrk g A
bl l ;g fl. gkrk g fd ;fn 'kh?k fookg djuk pkg rk
dU;k uo o"k dh vkj i#"k uy iPphl o"k dk vo'; gkuk pkfg;A
ee;e le; dU;k dk uu o"k i;Ur vkj i#"k dk tu pkyhlok

o"k] vkj mUke le; dU;k dk ut pkchl o"k vkj i#"k dk to
vMrkyhl o"k i;Ur dk g A
tk viu oQy dh mUkerk] mUke lUrku] nh?kk;] l'khy] cf.cy
ijkOe;Dr] fo}ku vkj Jheku djuk pkg] o uo lkygo o"k l io
dU;k vkj uy iPphlo o"k l io i=k dk fookg dHkh u dj A ;gh
lc l/kj dk l/kj] lc lkHkkX;k dk lkHkkX;] vkj lc mUufr;k dh
mUufr djuokyk de g fd bl voLFkk e cp; j[koQ viu lUrkuk
dk fo|k vkj lf'k{kk xg.k djko fd ftl l mUke lUrku gko A

eu"; lekt vkj eu"; thou d pkj foHkkx

onk d min'k vkj eu"; 'kjhj dh jpuk d vk/kkj ij eu"; lekt dk foHkkx pkj Hkkxk e fd;k x;k g ftudk ^o.k* uke l dgr g vkj o ck„.k] {kf=;] o'; vkj 'kn gA eu"; thou dk fopkj pkj vkJek e fd;k x;k gA o c„p;] xgLFk] okuiLFk o lU;klkJe gA

o.k

ck„.k o.k& vfo|k d uk'k] fo|k dh ofo vkj lnkpkj dh f'k{kk d fy,A 'ke] ne ri] 'kkp] vkfLrD;] Kku vkj foKku bld fo'k"k x.k gkxA

{kf=; o.k& vU;k; d uk'k vkj tkfr] ifrr vkj nf[kr tuk dh j{kk d fy,A 'kk;] ?kfr] n{krk vkj ;o l iyk;u u djuk vkj b'oj&Hkkokfn {kf=; d fo'k"k x.k gkxA

o'; o.k & thou&;kiu dh vko';d lkexh dk mRiUu djuk vkj b/kj&m/kj l ykdj tVkuk o'; de gA

'kn o.k& ftldk i<u&i<ku l dN Hkh u vko] og fucfo o e[k gku l 'kkjhfjd Je }kjk mi;Dr rhuk o.kk dh lok vkj lgk;rk dju d fy, 'kn gA

o o.k x.k] de LoHkko d vk/kkj ij gkr g] tUe d vk/kkj ij ughA vk; lekt eu"; ek= d ckydk o ckfydkvk dk fcuk fdlh Hkn&Hkko d leku :i l fo|k iklr dju dk vf/kdkjh ekurk g vkj fo|ky; e i<kb dh lekfIr ij ftl&ftl fo|kFkh dk tk&tk o.k mudh ;kX;rkuqlkj mudk vkpk; fuf'pr djs] og&og mudk o.k ekurk g pkg mudk firk dk dN Hkh o.k gkA

LojkT;

jktxkj

,d {k= lhek d ijh/kh e lb l ydj tgkt rd lHkh rjg dh 0;oLFkk, vk tk,] bldk ,d {k= fu/kkfjr dj A

vc bl {k= e vko';drk d vk/kkj ij o le;ulkj lkekU; o fo'k"k rjg d jktxkj vkj lHkh oHko liUu] thou;kiu] lj{kk]rduhd vkfn l li.k jkT; dk 0;ofLFkr djA

,d xko e lc idkj dh lkekU; nfud miHkkx vkj gj rjg d jkx dk Bhd dju e l{e vk"kf/k;k miyC/k gk] lj{kk o lid lk/ku d ;= gkoA

,d {k= e bruk lkeFk; gk fd iFoh ij lHkh n'kk d lkFk lid o lj{kk dju e l{e gkA

Hkkjr dk iR;d xko Lokoych g A

Hkkjr d gj xko o {k= dh ,d fo'k"krk g] tl jktLFkku e cdjh n/k nrh g yfdu gfj;k.kk e xk;] Hkl]ijr n/k nkuk LFkkuk ij miyC/k gA

bl h idkj gj {k= e miyC/k lk/kuk d vk/kkj ij ifr ,d fof'k"V lk/ku dk tVkuk gkxk] tk gekj dk;l dk vko';drk dk i.k dju e l{e gA

Hkkjr d iR;d xko e gj idkj dh lkexh o lk/ku fdlh u fdlh #i e miC/k gA








jk"'V 1

ge cgek.M d v"k g] cgek.M NkV&NkV vkj fo"o NkV&NkV v.kvk l cuk gvk gA v.k B.M gkx ij ter g xe gku ij nkMr g] tl&tl le; cnyrk g mudh fLFkfr cnyrh gA dkb feyr g fo[kjr g VVr g tMr g vkj tl le; dHkh "k: ugh gvk dhkh [kRe okyk ugh gA u bldk vkfn g u gh vUr g lno xfreku g lukru g pyrk jgxkA le; pyxk rk cnyko Hkh ge"kk pyr jgx ;gh tc ifd;k djx ch t cux tM cux ruk cuxk ik/k cux "kk[kk, fudyxh iRr cux Qy cux Qy cux fQj ch t cux ;gh ide yxkrkj fujrj pyrk jgxk dN vU; cnyko vk,x rk dN vkj cuxk ch t e ru e tM] Qy] Qy e ,d txg hkh fuHkkrh vkb rk ; pd lekIr gk tk,xkA fcekjh D;k vk,xh D;kfd mudh dN t :jr g tk mUg pkfg, ok feyh ugh ;k fQj mudk ok feyk ftudh mudk t :jr ugh FkhA U;u vkj vf/kdrk nkuk gh thou pd dk foukʼk dj nrh gA yfdu cguk vkj Hkkb;k ge doy im ik/k ugh g ge m l cgek.M dh lcl vRd'V J'B jpuk gA

ge ik/kk dh rjg doy Hkfe] ty] ok;] vkj idk"k dh t :jr ugh gA ftru T;knk ge e x.k g mruh gh T;knk gekjh t :jr gA tl ge lekt e jgr g blh d :i e thfor g vkj gj rjg l le)rk dk l[k Hkkxuk pkgr gA gekjh dN lkekftd vkj dN "kkjhfjd o ekufld t :jr g tl lekt e thu d fy, lkekftd 0;ogkj jgu&lgu d gtkjk yk[kk vkMEcj vkj fu;e gA ljdkjh r=] lLdfr] lj{kk r=] U;k; r=] 0;kikj r=] lLdfr r=] i"kklu r=] ifjogu r= vkfnA

ge ,d jk"V d ukxfjd g] gekjk ,d n"k g] n"k e jkT; g jkT; d fu;e gkr g vkj <jk 0;oLFkk, gA tl lHkh ukxfjdk l cuk ,d jk"V fQj lHkh mld lj{kd g tk lc t :jrk d vkdkj ij ,d nlj d lkFk fey ty dj dke dj jg gA dN ykx n"k dh j{k dj jg g vkrdokfn;k l dkfryk lA ng"krxnk l] n"keuk l tl n"k d lfud vkj fl ikghA

jk"V 2

dN ykx n”k dh fcekjh t l eyfj;k rifnd] pkV ?kko vkfn dk Bhd dju d fy, yM jg g t l MkDVj o| vkfnA

dN ykx lkeku b/kj l m/kj y tk jg g t l jy l xkMh l] cyxkMh l

dN ykx n”k dk fuek.k dj jg g t l etnj vkj jkfeL=h] gj bekjr] ugj] dvk] unh] uky] dkj LdVj] tgkt] rki] jy] Ldy] dky t] gkfLiVy] vkfn lc bekjr vkj l lk/kuk dk n”k d fuek.k drk etnjk u cuk;k A

dN ykx n”k d fy, gy tkrdj cht ckdj] Qly mxkdj] vukt] Qy] nky vk'k/kh vkfn [kkn; oLrvk l ij n”k dk Hkktu o vk'k/kh inku djr gA

dN ykx tc vki lh eueVko gkr g >xM gkr g dN xyr gkrk g rk ml l/kkju dk i;kl djr g t l ljip] ef[k;k] U;k; ikfydk }kjk vkfnA

dN ykx g tk n”k d ekxn”ku dk dke dj jg g n”k dk urRo dj jg g t l n”k d urkA dkb etnjk dk] j{kk lfudk dk] 0;kikj dk] U;k; dk vkfn gj {k= e urRo dj jg gA

gj 0;fDr jk”V ;k nfu;k e dN u dN dke dj jgk g dN u dN ykHk iku d fy,A

yfdu vkt d vu:l ge n[k rk ; lc djuk vklku ugh gA

jk"V 3

etnj ij thou viu thou ;kiu dju d fy, etnjh djrk&djrk xkMh rd ugh [kjhn ikrk 3003012108000 okf'kd gekjh vk/kkjHkr leL;kvk dk lek/kku vHkh vktknh d 70 o'kk ckn rd ugh gvk gA

jkVh] diMk] edku] fctyh] ikuh] lMd LokLF; ifjogu] Hk'Vkpkj] jktxkj] 0;kikj] jktufrd] oKkfud] rduhdh] vulk/kfud] f"k{kk] lLdkj] bfrgkl] lLdfr] Hkk'kk] n"kHkDrk dk lEeku A nfud t:jr& Hkktu] oL=] ?kj] cru] fcLrj] fctyh] ikuh]

Hkktu& jkVh] nj/k] ?kh] ikuh] cru] pYgk] elky] fep] lfCt;k] xg] nky] lkcu] cruckj] jlkb?kj] b/ku ydMh] dk;yk] xl] iVky] ljlk vkfn ry

oL=& xeh lnh] C;kg&"kknh] migkj] fcLrj tr] pliy
fiNy rhu&pkj o'kk l Hk;dj enh dh n"kk ge >y jg gA dgh jktxkj ugh g ilk ugh g vFk0;oLFkk MkekMky gk pdh gA

jk"V 4

ljdkjh xjhch dh ifjHkk'kk,& gfj;k.kk ljdkj
xl] ekckby] Vh oh] Qht

vkfn X;kjg midj.k tgk g ok xjhc ugh gA xjhch dk vkdMk l[;k de n”kkus d fy, ljdkj xjhch dh vyx&2 ifjHkk'kk, cukrh gA

leku oru vk; ugh g& ,d ljdkjh dMDVj] pijklh] dyd] MkDVj] ul

,e-ih] ,e-,y-,] vkj ljdkjh depkjh dk ljdkjh [ktku l LokLF; vkfn e /ku dh t :jr g vkj xjhc dk ugh ckotn mudh vk; etnjk l T;knk gA

vtu lu xlrk vk;kx&

ljdkj dk VDl flLVe& jktho xk/kh& 1 #i, 15 il

jk"V 5

vk/kfud f”k{kk l jktxkj lHko ugh@ doy vk; diuh e tkdj mud ukdj cu ldr gA

lekU; tkudkjh& vk l&ik l {k=] jktxkj] fojk l r] 0;kikj] lLdfr] bfrgk l] l lk/ku] mn;kx] jktuhfr] lj{kk] LokLF;

dkuuh leL;k,& dkuu vxj fd lh ljdkjh dkxtkr ij dkb fyf[kr :i e o”k d ckj e dkb iQ u gk rk ljdkj ge gekj o”k dh vkykn ekuu dk r;kj ugh gA

diuh dh yV vkj vf/kdkj o 0;kikj d ykbl l&
djdj cpu vefjdk dh diuh vkrh gA nky cpu vkrh gA
[kn d ;gk gkrk ugh yfdu ej n”k e /kMYy l cp jgh g fon”kh difu;kA
ftudh n”k dk t :jr ugh g ,l ykbl l fon”kk dkA

D;k ge djdj cuku e l{ke ugh ;k vU; tl dky fMd ugh cuk ldrA

lVykb t”ku&

Diuh dk vkdkj etnj vkj fd lku&

jk"V 6

Diuh dk vkdkj etnj vkj fdlku&

1 nfud mi;kx d {k= e&
2 nok d {k= e&
3 [kkn] fdVuk"kd] nok,] o midj.k
4 jklk;fud inkFkk d mRiknu e&
5 ekVj xkMh d midj.k mRiknu d {k= e&
6 Hkkjh byDVkfud lkeku cuku e &
7 lfud j{kk lkexh &
8 QM iklflx] iykV"ku&
9 oKkfud j{kk vul/kku&
10 lheV&
11 ry "kk/ku o mRiknu {k= e&
12 /kkr [kuu rFkk fu'd'k.k&
13 tV mn;kx e&
14 fly g, jfMeM diM cuku e&
15 tr o vU; [ky d lkekuk e&
16 jcM m|kx &
17 cPpk d f[kyku lykfLVd&

fl)kUr

vxj ge dkbZ Hkh dk;Z djs rks oks foKku ds fl}kUrks ij vk/kkfjr gks ftlls fd mldk gtkj djkM+ ;k vjcks o"kZ ckn tku ij Hkh cnyu dh t:jr u iM+A vFkkZr oks fdlh ds fy, Hkh gkfu nk;d u gksA mueas dHkh cnyko dk dju dh t:jr u gksA

D;k gkxk tc cM fuekrk dk; ;k cMh rjg dh 0;oLFkk, vkj cgr t;knk l[;k e dkexkjk dh t:jr gkxhA rc ; 0;oLFkk, nku vk/kkfjr r= e dl pyxhA

1 cd ugh
2 etnj ugh
3 Bdnkj ugh
4 0;fDrxr cMh ifj;ktukvk dk vH;kl ugh
5 cMh ifj;ktuk d fy, /ku ughA
6 dN cMh ;ktuk, ugh rk n'k dk lid vkj nfu;k e vkRe&lEeku dk Bl igpxhA

mn;kx LFkkiuk

1 f”k{kk dk ckn fookg tc gkxk rc ?kj dk yxHkx 70 ifr'kr lkeku ;k t:jh oLrq, rk ge gekj ifjokj] fe=x.k o lc/khx.k vkfn nxA

2 ?kj ge gj rjg l lifUu o u;k mn;kx fuek.k vku oky 10 l 12 o'k e dj yx ml d ckn cPp ;ok gk tk,x rc rd ge u;k ?kj cukdj mud vu;l mudk nx vkj Lo; o)koLFkk e fuokl djxA

nku ik=

ge Lrj vk/kkfjr nku vkcVu djuk gkxk] xke] [k.M] ftyk] jkT;] n”k] vrjk'Vh; LrjA
ftruk Hkh gekjk /ku g o vyx&vyx txg NkV&NkV VdMk e iR;d ftyk e mifLFkr jgxkA
n”k d dUn e jktk vkj dN 0;oLFkk, jgxh o dN lj{kk u fd /ku ;k l lk/ku dh cgr cMk Hk.Mkj ftl ij fd jktk jkT; djA

uVodh

tk gekjk njlpkj ek/;e g ok gekjk {k= gkxkA dkb Hkh 0;fDr ;k rkj blldk vkil e ugh tkMxkA
; nk rjg l lpkfyr gkxh
1 ,d rk mixg i.kkyh l
2 Vkilh rkyey l
vc gj xko e tk nku vkfn l /ku vk;xk ml ij blldh pkyu 0;oLFkk dh ftEenkjh gkxhA

ble ,d Vkoj yxxk tk 5 l 6 fdykehVj rd dh cgrjhu o uVodh dh vR;kf/kd x.koRrk dh lpkj okyh i.kkyh nrk gA yfdu ge tk lfo/kk ydj vku pkgr g ok bll db gtkj x.kk T;knk rt o gtkjk vyx&vyx rjg dh lfo/kk, nu okyh gkxhA

blh Vkoj l lc ;= lpkfyr gkx Vhoh] ekckby] dl;Vj] 0;kikj] f"k{kk] LokLFkk,] rduhdh o bVjuV vkfnA

blh Vkoj l lpkfyr jktk d ?kj ,d ljoj yxk gkxk tk gj rjg d MkVk dk LVkj j[kxkA

bld lkFk&lkFk ,d vyx l l;= gkxk ftle ifrfnu MkVk vkQykbu lo gk tk,xk bl LVkjt l;= e Lopkfyr ifrfyfi feVku vkj mld LFkku dk de dju o x.koRrk vk/kkfjr pht LVkj dju dh {kerk gkxh
bld lkFk&lkFk tk cnyko g, g mudh igy dh fLFkfr dk gj

gj lky dk 0;kjk j[kk tk,xkA

vc tk 0;fDrxr MkVk gkxk ok gj 0;fDr viu ikl j[kxkA

vkj tk fo”k'k 0;fDr fopkj] dyk] rduhdh vkfn gkxh mlI xko d bl ljoj ij j[kk tk,xkA igy mlI ljip ;k jktk vkfn ekUY;rk nxA

mld ckn MkVk LVkj dju d rhu Lrj gkx xke] ftyk] jkT; o n”kA

gefdruk Hkh rduhdh e vkx fudy tk,] yfdu gekjh tk Hkk'kk g mle rduhdh vkfn gekjh ekrHkk'kk dUuM] ryx] ejkBh] vkfn e gh ljoj ij viykM dh tk, ¼vYiHkk'kk½ e ojuk n”k dh lj{kk d lkFk f[kyokM gkxkA

jk'V Hkk”kk lh[k dj rk dkb Hkh gekj n”k dh rduhdh pjk ldrk gA

fon”kh Hkk'kk e gk rk ge xyke gk tk,xA
lLdr e gk rc gekj jk'V dk dkb Hkh ugh rkM ldrkA fgUnh jk”V Hkk'kk dk lh[k dj gekjh rduhdh pkjh gkxh ub fodflr ugh dj ldrA
Hkk'kk dk ,d fo”k'k dUoVj yxk gkxk tk ryx dk xtjkrh o xtjkrh dk vU; Hkk'kk e cny ldxkA yfdu ,lk dkb dUoVj ugh gkxk tk fgUnh ;k lLdr dk vU; Hkk'kk e VklyV dj ldA ; doy f”k{k.k lLFkkuk e fo|kFkh food d vk/kkj ij gkxhA

jkM ,oe VklikV
D;kfd ge jktxkj nuk g blfy, fdlh ,d 0;fDr ;k diuh d uhp dk ;k jk'V vlllfkr djk rc Hkh gkfu gh gkxhA

Vu ;k tgkt gokb ;k lenh ; lc ftyk Lrj ij vk/kkfjr gkA
tgkt ;k Vu cuku l ydj ic/ku rd lc dNA

doy dVky jktk ;k n"kh; Lrj ij gkA
e ;gk jy ;k tgky vkfn dk lc/k ekyokgd lokvk d vk/kkj ij lfuf"pr djuk pkgrk g 0;fDr Lo; vxj dgh tk jgk g rk mldk ,lh 0;oLFkk gku ij dN ed ugh iMxk fd jy ;k tgkt g ;k ughA
tc jy vkj tgkt tl ;krk;kr okguk dk ge iR;d fty e mRiknu dj jg g rk vki ; dYiuk fdft, fd ge eky D;k <kuk iMxkA
tokc g & dN Hkh ughA
ge ,d fty l nlj fty ;k jkT; e dN Hkh eky <ku dh t:jr ugh gkxhA
ge tk djuk gkxk ok doy ; fd eky fon"kk e dl Hkstk tk,A

xkcj xl ,d cgr cMk 0;kikj g bld fy, ikbiykbu fodflr djxA
bldk tfj;k LFkkyh; jkLrk ;k lkefnd nkuk gk ldr gA
bldk vikj Hk.Mkj gekj ikl gk tk,xkA ,l e ge db n"kk e LVkd o LVkjt gkÅl Hkh yxku iMx A D;kfd df'k o i"k/ku d vykok gekj ikl nljh ,lh dkb rkdr ugh g ftldk ge lkjh ftnxh /kMYy l cp ldA ¼ftnxh&iFoh dh me½

Vu] ok; ;ku vkfn doy ftyk Lrj ij j[kh tk,A
Gj xko e tc VkikV dh lfo/kk 0;fDrxr gkxh rc ftye dkb Hkh dky vklkuh l igpk;k tk ldrk gA
ble dkb jy] Vu vkfn dh vko”;drk ugh gA

jy vkj ok; ;ku vkil e o cl LVM vkfn lc vkil e tM gkxA

10 cM m|kxk dk eky vkil e eky vkfn d :l e doy ftye <k;k tk,xk ftye l ckgj ughA

dN llk/ku tl ykgk] lkuk] rkck] B.M o xe in”kk d Qy lfCt;k] vk'kf/k;k vkfn ij n”k e , LFkku l nlj LFkku ij Hktu d fy, Vu vkfn dh t;jr gA

yfdu xl] dk;yk] iVky ;k dkb Hkh ,lk ikdfrd llk/ku tk gekj t :jr ugh g vkj ge ml <k, ok vijk/k gkxkA

0;kikj d fy, dN mRiknu djuk hkh t :jh gA gj ftye 200 l 300 xko gA

Gj xko e 10 cM m|kx hkh LFkkfir dju gkxA ; m|kx ok lc ph t cuk,x tk 5 l 10 0;fDr;k d fy, cukuk lhko ugh gA ;gk 40 l 50 o;fDr ,l dke djx tk cgr gh dk;l vuHko d lkFk xfr”khy gk rFkk vko”;d Kku gkA

Vc ; tk 500 0;fDr gj xko e vk,x ok fnYyh] cEcb] yf/k;kuk tl egkuxjk l vk,x tgk HkhM cgr T;knk g] [kp cgr T;knk gA

fnYyh vkj cEcb tl egkuxjk dk [kRe dju l gekjk vjck [kjck dh /kujkf”k e cpr gkxh vkj yxHkx n”k dh vk/kh l t;knk xjhch mlh /ku l gVkb tk,xhA

;krk;kr dh 90 ifr”kr t :jr ge ugh jgxh doy 10 ifr”kr jg tk,xh vkj fon”kh ;krk;kr e dN x.kkk of) gkxhA

n”k e 0;kikj d ckn fQj doy Hke.k ;k fj”rnkjh vkfn e tku oky ykx gh cpxA lcl T;knk ;krk;kr Ldy] dky t] dke <ykb vkfn dk g tk loFkk [kRe gk tk,xkA

gj fty e cl LVM] Vd LVM] gokb vMMk o jyo LV”ku vkfn gkxA o bld pkjk vkj xkykdkj fLFkfr e ftru Hkh gekj m|kx /kU/k gkx mud LVkd gkÅl gkx bUgh LVkd gkÅl e gekj fjlp lVj gkx tgk lcl mRre dkjhxj cBx vkj vul/kku djxA ;gh oKkfud vkj e=hx.k gkxA

;gh ij iR;d fty e lcl mRre tk dkjhxj g ;k [kktchu dRrk g] “kk/kdrk g] oKkfud g tk jkT; Lrj d gA iR;d fty e 15 l 20 cM m|kx o fjlp lVj gkxA

Blh fty e Hkkjr dk lcl cMk vul/kku dUn gkxk ftldh l[;k 3 ;k 4 Hkh gk ldrh gA

n'ku 1

e doy bruk gh fy[ku vkj le>u e lger g ftudk fd e le> ik;k g vkj ftruh eu nfu;k n[kh mll t;knk ughA vkj mruk gh vki lh[k vkj le> ldr gA ftruk fd vkidk food vkj miyC/krk gA

doy cf) d lkFk vki fuk; u dj mld lkFk&lkFk food dk hkh i;kx djA of) vkj food e ejk fopkj d;k g ;e Li'V djuk pkgrk gA

,d Hkkl dk jkLrk ?kj l rkykc rd dk ekye g vkj ok gj fnu mlh iFk l vkrh g vkj pyh tkrh g ,d fnu D;k gvk fd fdlh dh Qly ink gb vkj mlu Qly cpdj ydMh viu ?kj e lp; dju d fy, ?kj d njokt d vkx j[k nh vkj tk lkjhk jLrk Fkk ok ydMh j[k gku d dkj.k cn gk x;k rc ok Hkkl fopfyr gk xbA b/kj&m/kj nkMrh jgh yfdu t l ?kj ;k rkykc e mldk tkuk Fkk og ugh igp ldhA D;kfd mld ikl Lo; l Qlyk yu dh {kerk] fopkj] dju dh {kerk vkj tk tkudkjh dk Hk.Mkj.k eku fd ekufp= xke lMdk dk mld ikl ugh FkkA yfdu ,d foodghu eu'; d ikl nlj jkLr dh tkudkjh ;k ok food gkrk ftld vk/kkj j ok ?kj ;k rkykc tk ldrh gA

blfy, cf) doy ,d Ldfr ¼fpi] eekjh dkM½ g vkj food Qly yu vkj dN u;k ;k lR; vlR; fu/kkj.k dju dh {kerk gA

n'ku 2

vc vk/kfudrk d vk/kkj ij ejh 0;Fk dk le>ku dh i;Ru djA

ekckby Qku ;k dl;Vj d vUnj ,d eekjh ;k Lefr gkrh g ftle ge ;fn Hktu Hkjr g rk ok Hktu gh pykrk g vkj vkrh ;k rLohj Hkjr g rk ok vkjrh ;k rLohj gh n"kkrk g yfdu Lo; dk dN ugh cuk ldrh dkb fopkj ugh dj ldrh ; fopkj dju dh {kerk eu'; viu food d vk/kkj ij djrk gA blfy, doy vkiu ;k geu ftruk le>k] lkpk n[kk] egll fd;k] doy mruk gh ge vkj vki le> ik;x yfdu gj rjg l li.k cge dk le>uk t :jh gA D;kfd ge cge e gA vkj cge ge e g rk ; le>uk Hkh ef"dy ugh g eku fd lolo le>uk vR;r ljy g vkj ok ge e gh fughr g lek;k gvk gA

cge& ble loLo vk tkrk g dl \

e eu'; g] e>l cMk xko g] xko l cMk "kgj g] "kgj l cMk ftyk vkj fty l cMk jkT;] jkT; l cMk n"k] n"k l cMk egk}hi vkj mll cMh iFoh] iFoh l cmk lkj eMy vkj lkje.My l cMh vkdk"k xkxk] vkdk"k xxk l Hkh rk cMk dN u dN g ; rk e ugh tkurk vki rk tkur g ;k vki vkj ge ugh tkur rk bruk rk tkur g fd vkdk"k xxk l rk vudk vud cMh oLr, ;k dN vkj g ftld ckj e ge ugh tkur ; cge g lcl cMk ftldk dkb vUr ugh g vkj cMh gk ldrk gA ; cge g vc ; rk lkfcr gk x;k fd e cge e g e.e cge dl g vc pyr g bldh vkj& mll NkVk pgk g pg l NkVh phVh g vkj mll NkV thok.k&dfe vkfn g mll NkVk dN g yfdu ; ge vkj vki uh tkur fd mll NkVk D;k g yfdu ; t :j tkur g fd dN u dN rk g tk mll Hkh NkVk g vkj lcl cMk Hkh dkb Hkh ugh g tk lcl NkVk g ok Hkh cge g vkj tk lcl cMk g ok Hkh cge gA

n'ku 3

rk bl l ; fl) gkrk g fd e cge g vkj cge e Hkh g vkj e>e Hkh cgek gA

blfy, ; xyrh ;k deh ;k nk'k gekjk g fd gekj "kjhj d Hkhrj ;k ckgj dkb jkx ;k nk'k g rk ge mldk fuokj.k ;k vipkj ugh tkur D;kfd ge MkDVj ugh gA yfdu "kjhj rk gekjk gh g tk ihfMr gA yfdu fQj Hkh geu rk viu ckj e tkur g u gh viu l ckgj d ckj eA

rk ; tk vHkko g ok gekjh cf) d dkj.k g yfdu food ; dgrk g fd MkDVj ;k o| bldk mipkj dj ldr g ;k rk iLrd] ykgkj] pekj] dEgkj] jktk] lfud] rEg bl n[k l vktkn djok ldrk gA

le;&dky&cge e rk lc dN g yfdu ; dc l g vkj dc rd jgxk vc bldh dYiuk djr g tl ?kh l igy eD[ku cuk] eD[ku l igy ngh vkj ngh l igy n/k Fkk n/k l igy ok fdlh tho d "kjhj e Fkk vkj "kjhj u tku fdl&fdl oLr l feydj cuk vkj u tku fdruk le; yxk gkxkA vkx ?kh dk u tku D;k&D;k cuu okyk gA vxj dkb u fgy <y rk rc le; Hkh u cny D;kfd tc dkb pht d vUnj okbc"ku gkrh g rHkh nk pht vkil e feyrh g xtu gkrk g rc >dkj ink gkrh g vkj vkilh ly;u vkj fo[k.Mu l ,d u;k Lo:l ink gkrk gA ; tk ey okbc"ku g mldk uke vkme g

vc Fkk rk n/k gh yfdu :i vyx gk x;k vkj ok ngh cu x;k yfdu vc ok n/k dk #i NkMdj] n/k] uked "kjhj NkMdj tk vkRek g ok ngh e cny x;k c tk vkRek g ok ngh e g yfdu vkRek ugh g #i cny x;kA yfdu dN vof/k

n'ku 4

yxh ; vof/k yxh g {k.k tk yx] iy tk yx ok le; gA ijekRek& cht ck;k x;k tehu e ikuh idk”k vkfn feyk rk le; d lkFk fd;k gb vkj tk cht dh vkRek Fkh ok ik/k e cny xb] ik/k l Vgfu;k iRr vkfn cu fQj Qy cuA Qyk e l fQj cht fudyk vkj tk ; cht fudyk ok fQj l tehu e x;kA yfdu cht rk gekj ikl ,d gh Fkk mle l bru lkj Qy fudy vkj ,d gh vkRek dh vud vkRek, dl gk xbA tc ,d vyx #i ge fn[kkb n mldk ge ,d vkRek dh vo/kkj.kk nr g tl iM] ty] ve:n vkfn yfdu ok tc feVVh e feVVh tydj jk[k gk x,] ;k tudj /ky gk x, ;k fQj ge dgr g fd ok iprRo e foyhu gk x,A okLro e ge mlh iprRo dk ,d v”k g tk ckj&ckj u, Lo#ik e cnyrk jgrk gA ge ,d gkr g, Hkh vyx g vkj vyx&vyx gkr g, Hkh ,d gA tk ; ,dRro g ok ijekRek gA vkRek ijekRek e foy; djrh g vkj mlh e l fo[k.Mhr gkrh gA

blh rjg vud idkj dh oKkfud vk/kjhkr ifjhkk'kk, onk vkjmud mionk e fughr g yfdu mue l ,d Hkh ifjHkk'kk ,lh ugh g fd ftle dkb Hkh cnyko gkldA ok li.k gA eku fd on foKku g fdl idkj dk foKku gmue l cgr gh vfr cf) thoh g okkfudk d }kjk fy[kh iLrdk vkj jpukvk d vk/kkjij ge ; le.u dh dkf”k”k djxA

egf'k eu&

bUgku euLefr fy[kh gA “kCnk l gh Li'V g fd budk tk ;kn Fkk mlh e l dN u dN fy[kk x;k gA vkj fy[kk x;k g ok ;&

n'ku 5

on	cgke.k xFk	ofnd mikx	}fnd vx
_xon	,rfj;	1 ehekalk	1 fHk{kk
vFkon		2 onkUr	2 dYi
; ton	“kriFk	3 U;k;	3
0;kdj.k			
/kuon		4 oHkf'kd	4 fu:Dr
Lkeon	rk.M; cgke.k	5 lka[;	5 Nun
Xk/koon		6 ;kx	6 T;kfr'k
vFkon	xk;Fk		
vk;on			

mifu'kn

b”k] du] dB] i”u] e.Md] ek.MD;] rrfj;] ,rj;] “ork”orj] NUnkX;] cgnkj.edA

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U;k;
oHkf'kd
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Lefr
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0;klHkk';
Hkkt ofr
;kxokfrd& foKku fHk{k ¼y[kd½
rRo oHkk[kh& Hkk';& okpLifrfeJ y[kd
v'Vkx;kx
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y[kd	iLrd	o.ku fo'k;
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Eu] d.kkn] ikjk”kj] ljikyk] l'k.k] pjd] lJr] okMXHkVV]
ukxktu] ukjn] Hkx] vk;HkVV] yhykorh] HkkLdjkpk;] okfYedh]
fonj] on0;kl] pk.kD;] irtfy] ikf.kfu] Hkjrefu] okRL;k;u]
“kdkpk;] ljikyk] fr#oYyoj] n;kunA
0n] mifu'kn] ijk.k] lk[; n”ku] T;kfr'k] dkel=] 0;kdj.k]
Hkou HkkLdj] jlr=lkj] fHkorDyieA

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